



Capital City Capers

The News Organ of the Capital City Squares



Member Club
of the
I. A. G. S. D. C.

Did The Earth Move For You, Too?

The earth moved in Northern California last month, both below ground in the Bay Area and above ground in the rest of the area. It promises to do the same in November and December, but one hopes that the movement will just be square dancers enjoying themselves.

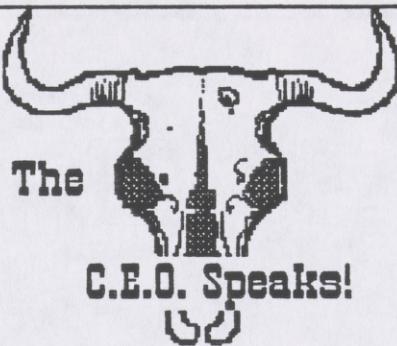
Some Notes:

- Camp Cazadero was a welcome relief from earthquake woes for Western Star Dancers the weekend following the Big Shake. Del, Terry1, Jeff, Dennis, Michael, and Bill observed bay areans acting (and drinking) as if there was no tomorrow. Most of them didn't make the dance on Saturday night after a Margaritaville party that afternoon. Stephanie and Harlan had a baby even though she tried to abort with a coat hanger. (It was later adopted.) A very few WSD members still suffer attitudinal problems, but in all, fun was had by all; ask any of the big six above for particulars.
- Halloween was celebrated in costume by CCS class members on class night. Leather and lace for days!
- CCS is getting ready for its New Members Potluck and Hoedown on December 9. Bay area clubs will be in attendance, so let's have a big group to welcome them. The potluck will be from 5:30 to 6:30 and the dance will be from 7:00 to 10:00. Rick Arts will be handling the decorations and needs volunteers. The cost is \$4.00 ahead of time or \$5.00 at the door.
- Prime 8's started a new A-1 class including Jeff, Dennis, Joel, Mel, Dean, and Cathy joining Del and Bill who joined Prime 8's in the summer. Mary Jo, Kris, Cindy (both of them), Jack, Rich (when he gets back), Chuck, and Don are CCS members who are already Prime 8's.
- The Design a New Club Banner Contest is still taking applications. Get your design in before December 1. We will reveal the winner (and a mockup of his/her design) at the Hoedown on December 9.
- Time is running out for the \$65.00 registration fee for the 1990 IAGSDC Convention in Vancouver, B.C. See flyer in this issue.

Flash!

It has just come to our attention that it was an unscrupulous group from the **El Camino Reelers** that stole our banner in Eureka. Plans are afoot to retrieve it and punish the felons.





Welcome to Kenric Brown as the new Board member from this year's class!! Glad to have you, you hunky but unsuspecting man. Please get ready to work.

Believe it or not, I shall attempt to be brief Well, things are cookin' 'round here, y'all. What with an exciting exuberant, gung-ho, capable bunch, both our new class and our plus class are zipping through those calls. It's great to see. A clue here, though, (and a plug, of course): the Fun Dance Nights (November 1, 15, 29, and December 13 fill out 1989) at the school are there to help you really get solid (oops, I distracted myself) in those calls. I hope to see more folks at these — the Fun Nights are very helpful, and a most welcome alternative to class nights: there are no new calls to sweat over, but a great chance to gain experience in what we've learned. So, c'mon, let's dance on Wednesdays, too! Robin puts some real work into them — let's support her in it.

Things comin' up: the next really big doin's here is our Beginners Class Hoedown on December 9th. It promises to be lots of fun, and it looks as though we're gonna have folks in from the Bay Area, too. That's exciting. Details on this elsewhere in this issue Plan To Be Here. Along with mostly class level, there will be

full Mainstream and Plus tips. Rick has volunteered to head up decorating, etc. — he welcomes help.

Those who didn't get into San Francisco for Western Star Dancers' Anniversary Hoedown missed a great party thrown (flung?) by WSD. It was loads of fun for everyone, and Saundra Bryant definitely gave us a workout! We had a full square from Sacto, and the extra 15 miles and 30 minutes to get there across the GG Bridge was well worth it, folks. Thanks, WSD, for the exuberant party and grand welcome!

El Camino Reelers are having their Anniversary Hoedown on the 11th, and it promises to be a lot of fun as well. (As Portland beckons, I will not be able to attend, alas!) I do want to thank ECR for inviting us. I know it'll be great. Housing is available, but do try to pre-arrange.

Elsewise, WSD is having their New Member Hoedown on November 25th (Thanksgiving Saturday) at St. Paulus Church (Gough and Eddy) with a pot luck — they'd like "outta towners" (that's us) to concentrate on desserts or side dishes — so those planning to attend, remember that. It's going to be fun. I have that on good authority (I chatted with several WSD folks, and, by the way, enough dishing was done to set the table). Housing will be available — we'll coordinate this ahead if possible. Plan to go — heck, it's time to shop for the holidays anyway, and the Bay Bridge is scheduled to be "up" by then. After our Hoedown on December 9th, it's back into SF the next weekend for two exciting nights of dancing! Back at St. Paulus:

"Take No Prisoners" Plus on Friday, December 15th and the full gamut on Saturday, the 16th — both to be called by Paul Waters. This promises to be yet another exciting weekend of dancing — to carry us through to the New Year.

On another, less lofty, level: Where the heck was Dameon for the "table setting" at the WSD Anniversary? More particularly, those of us who went to the Corral after the hoedown to two-step saw (or, rather pointedly, didn't see) a little extra dancing performed by our own Joel Valdez and WSD's James (Blanchie Jo Bradley) Ozanich. While we didn't get the full story (we can always make one up anyway), enquiring minds do want to know why Joel wanted to give Cathy the keys to his car Joel also thinks James is butch! (All things are relative, but there are limits to credibility!!) I'm sure this was all done in the spirit of improving relations between clubs, right? right! According to Dean, his partner for the hoedown (Ginger) got a bit of a revelation about him when she discovered the primary "orientation" (delicately phrased) of the folks at the hoedown. Come on, Dean, you are not that butch, trust me. Well, that's all the china flinging I'll do for now. I for one miss the flavor of "Dameon's Delights." Come back, Dameon!

Oh S_T! (soot) I once again failed to keep it short. (I know, no one's surprised.) I'm glad you're here! I'm enjoying your friendship, your company, your support!

See ya dancin'

—George

TEN COMMANDMENTS OF SQUARE DANCING

- I. Thou shalt square dance only for the fun which thee will find in it.
- II. Thou shalt not be a snob, considering thyself too good to dance with any and all, sitting out the mixers, or leaving a square whose members thou deem unworthy of thy talents; for the gods of retribution are zealous gods and will visit their mischief upon thee, and thou will be the one to goof the square.
- III. Thou shalt be exuberant, but shalt act thy age. Do not offend others by thy arm yanking and high kicking.
- IV. Thou shalt go abroad and dance with other callers so that thy opinions expressed, as to the merit of this one or that one, are based truly on fact.
- V. Thou shalt bathe diligently, that only the sweet aroma of soap may assail the nostrils of thy associates.
- VI. Thou shalt not let the stranger in thy midst sit on the sidelines and cool his heels, nor fail to speak to him.
- VII. Thou shalt take care that the words of thy mouth are not scented with liquor, beer, or garlic.
- VIII. Thou shalt honor thy club and give it thy loyalty.
- IX. Thou shalt not kill thy club with fault finding and bickering; for it would be better then to separate thyself from it and join another whose ways and members are more to thy liking.
- X. Thou shalt not forget that thou wast once a beginner.

Modern translation of the Seventh Commandment:

Before you square dance, DON'T DRINK. The enjoyment of others in your square depends upon you and your coordination. Be at your absolute dancing and thinking best.



Square Dancing Can Be A BITCH!

I used to be a terrible square dancer. Can you believe that?? Well, perhaps you can. But maybe you will also believe that I used to be much worse than I am now, and Karl and Kris will surely confirm this. I moped my way through the basic/mainstream class, never having much fun. We pushed really hard to finish all of the mainstream calls before the Phoenix convention, learning four calls a night for the last three weeks. I went off to Phoenix hoping that Frank Lloyd Wright's Biltmore Hotel would make the trip worthwhile and breaking out in a cold sweat at the mention of the word "recycle."

I ended up having a fantastic time!

The synergy from the 700 or so dancers was unbelievable. I remember one square in particular, with Bill and Michael and some Seattle dancers, which left me feeling as if I were floating in some cosmic energy field. (The Biltmore, incidentally, wasn't a disappointment, either.) I've re-experienced this Square Dance High at numerous subsequent Fly-ins and at the New York convention.

What is the difference between these incredibly stimulating events and the sometimes dudley times that occur in class? What was the key to improving my dancing? Well, folks, I discovered that you just have to B I T C H:

(B)e Energetic

(I)gnore distractions (and rudeness)

(T)ap your foot to the music

(C)oncentrate

(H)ave fun

That's about all there is to it. But, being a typical member of Capital City Squares, I will expand anyway:

- Be Energetic! Put some energy into your dancing, and for some inexplicable reason everything works better. You also have much more fun. The reason for square dancing is to have fun, after all, so get into it!

- Concentrate. Circling to the left seems awfully easy, so it's tempting to talk or to look around, etc. But if you don't pay attention, you can easily miss the next call or forget who your corner is, etc. (This was hard in Phoenix, as there were several participants in the convention who were "to break down for," as it were.) Incidentally, notice some time how the Plus dancers will mess up Basic squares while the Basic people are doing fine. It doesn't work unless everyone concentrates.

- Tap your foot to the music, and step on each beat. Be obvious about it! There is a beat for each step, even though it sometimes seems as though there isn't enough time to complete the call. Stepping and tapping to the music helps you concentrate and be energetic.

- Have a good time. Get into it. Relax. Don't be embarrassed about having a good time. (What are you living for, anyway?)

- Project Success. Act as though you know what you are doing: your confidence will rub off on the others in your square, and even on you!

- Review the book. While driving to last year's class, Dennis and I would read the name of each call we had learned so far, and if we couldn't remember the definition quickly, we would review it. Before starting this practice, I would often times really know a call, but the definition wouldn't quite come to me in a timely manner when it suddenly occurred in the middle of a dance. If you review them right before the dance, you get the calls associated with the definition. It takes only about five minutes on each dance night, most of which can be done at traffic lights. (Of course, additional review can never hurt!)

- Don't get down on yourself. Mistakes happen. If you make one, and then dwell on it instead of concentrating, I guarantee that you will make another one. This



is vicious cycle number 1.

- Don't resent help. Some people can be pretty annoying in the way they push you around, especially when you already know what to do. I used to get mad Then I would screw up because I was mad and not concentrating. This is vicious cycle number 2.

- Make sure that others want help before you help them. Some of us need a moment to think, but we will get it. Doing it ourselves is necessary for us to learn. When you do help someone, use a light push: this will help them avoid vicious cycles 1 and 2. Remember, someone's pride is at stake here, and there's nothing rational about that.

- Don't dwell on breakdowns. Who cares whose fault it is. Have the head lead grab is corner and make two facing lines: then you are ready to go as soon as the other squares get into (normal) lines. You are also ready if they become squared up. But try to resume dancing as soon as possible.

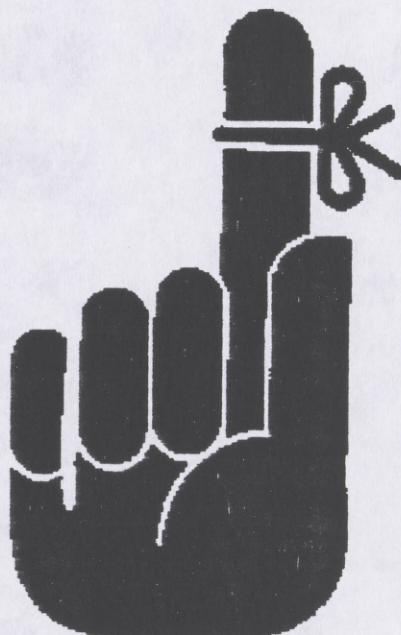
- Fix it. Screwing up is not nearly so bad if you can recognize the formation that everyone else is in and run to where you belong, thus salvaging the square. Try to think about the definition of the call and do it, even if everyone else has already done it. And don't resent help.

- Come to Robin's Wednesday night dances. As we noticed most vividly last Wednesday with several new dancers in attendance, usually the difference between barely making it and confident, successful dancing is one night of practice. And so, next time you are dancing and things aren't going quite right, be sure to BITCH!

—Jeff Barlow

Upcoming Events

CCS New Members Potluck & Hoedown	December 9
CCS Workshops & Hoedown	February 10
IAGSDC Convention in Vancouver, B.C.	April 12-15
CCS Russian River Retreat	April 27-29
CCS Graduation Workshops & Hoedown	June 9



Staff
Capital City Capers
The News Organ of the
Capital City Squares

Editor, Bill McCrory

The views expressed in this Newsletter are not necessarily the views of the CCS board

Class/Club Dues:

\$90 a year

\$10 a month

Due on the 15th of the month
Newsletter only: \$12 a year

Capital City Squares
Board of Directors

George Fox, Chair

Cindy Sullivan, Secretary

Mary Jo Semmelmayer,

Treasurer

Bill McCrory, Newsletter; Social

Rick Arts, At Large

Kris Corbridge, Plus Class

Instructor

Karl Murray, Basic/Mainstream

Class Instructor

Kenric Brown, New Class

Joy TeSelle & Margaret Coelho,
Club History

Come to the Capital City Squares New Members Potluck and Hoe- down on Saturday, December 9!

Beginners Class Level Dancing with Main-
stream and Plus Star Tips

Called by Joe Cula

Potluck Dinner..... 5:30 to 6:30

(out of towners bring desserts and sides)

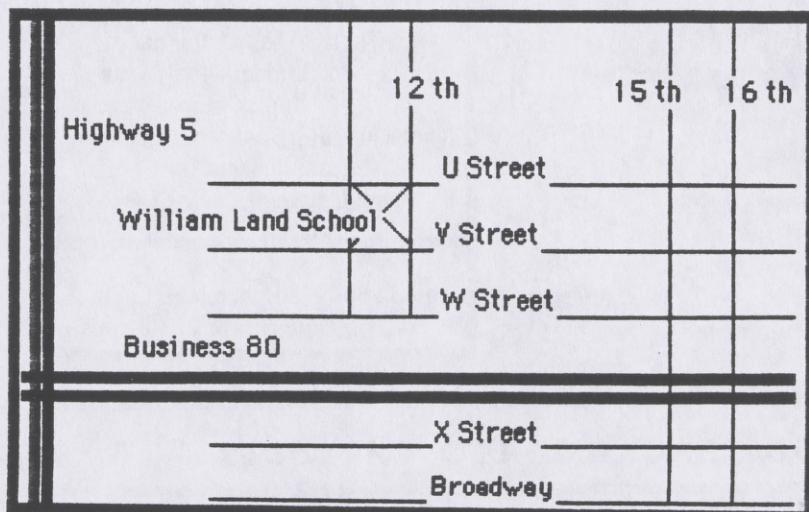
Dancing..... 7:00 to 10:00

\$4.00 in advance \$5.00 at the door

William Land School

12th & V Streets

Sacramento



REGISTRATION FORM - PLEASE PRINT OR TYPE

Northstar
PROMENADE

LAST NAME / FIRST NAME _____

STREET AND APT. NUMBER _____

CITY, PROVINCE/STATE _____

COUNTRY, POSTAL/ZIP CODE _____

HOME PHONE NUMBER (____) ____ - ____

CLUB AFFILIATION _____



1990

VANCOUVER, CANADA

AGSDC

SEX: M F

DANCER: Y N

MEAL CHOICE: CHICKEN VEGETARIAN

HIGHEST DANCE LEVEL YOU WILL HAVE COMPLETED BY CONVENTION TIME:

BASIC MAINSTREAM PLUS A1 A2 C1 C2 C3 C4

TENTATIVE ARRIVAL DATE: _____ APPROXIMATE LENGTH OF STAY _____

REGISTRATION FEES: AT/OR BEFORE "PEEL THE APPLE" ... \$60. US (\$70. CDN)
BEFORE DECEMBER 31 st, 1989 \$65. US (\$75. CDN)
AFTER JANUARY 1 st, 1990 \$70. US (\$80. CDN)

SIGNATURE X _____

DATE: _____

MAKE YOUR CERTIFIED CHEQUE OR MONEY ORDER PAYABLE TO

NORTH STAR PROMENADE CONVENTION 1990
P.O. BOX 2731, VANCOUVER, B.C., CANADA V6B 3X2

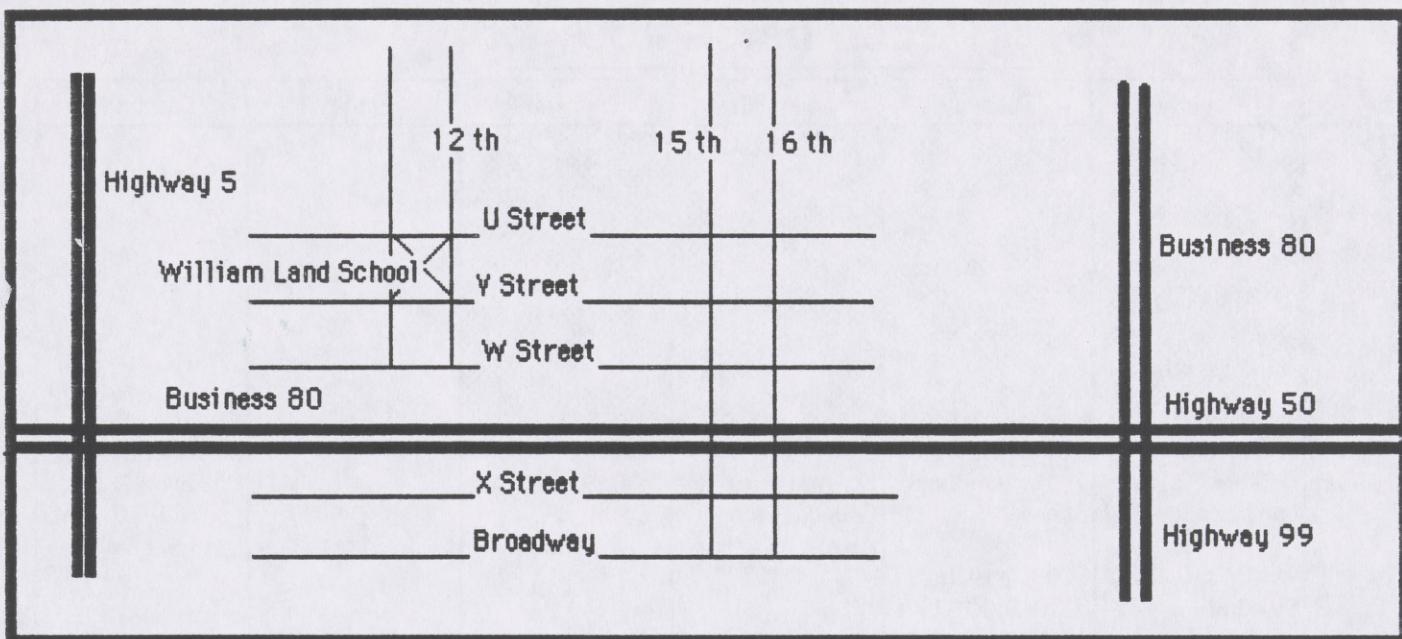
* The "NORTH STAR PROMENADE 1990 CONVENTION" accepts no liability for loss, damage, or injury whatsoever of howsoever arising to persons or their property attending "North Star Promenade 1990" or from the use of accommodations, tours or any other facility or related activity.

** Partial packages are available upon request, please contact the registrar at the address noted above. Registration fees will be calculated on the meal, events and/or dance times selected.

November 1989

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CCS Fun Dancing 7-9 Wm Land School ECR 7:30-9:30 St. Andrews Church Palo Alto	FCD Club Night 7:00-9:00 The Corral SF		FCD Anniversary Dance (Saundra Bryant)
			1	2	3	4
FCD Club Night 7:00-9:00 The Corral SF MS Live Oak School SF	Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF	CCS Class Night 7-10 Wm Land School FCD Class Night 7:00-9:00 Live Oak School SF	ECR 7:30-9:30 St. Andrews Church Palo Alto	FCD Club Night 7:00-9:00 The Corral SF	DC Lambda Squares Fly-In	ECR Anniversary Dance (Debra Parnel) DC Lambda Squares Fly-In
5	6	7	8	9	10	11
MS Live Oak School SF DC Lambda Squares Fly-In	Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF	CCS Class Night 7-10 Wm Land School FCD Class Night 7:00-9:00 Live Oak School SF	CCS Fun Dancing 7-9 Wm Land School ECR 7:30-9:30 St. Andrews Church Palo Alto	FCD Club Night 7:00-9:00 The Corral SF		
12	13	14	15	16	17	18
FCD Club Night 7:00-9:00 The Corral SF MS Live Oak School SF	Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF	CCS Class Night 7-10 Wm Land School FCD Class Night 7:00-9:00 Live Oak School SF	ECR 7:30-9:30 St. Andrews Church Palo Alto	FCD Club Night 7:00-9:00 The Corral SF Vancouver Jamboree Fly-In	Vancouver Jamboree Fly-In	WSD Basics Hoedown at St. Paulus Church (Gough at Eddy) Potluck 6:30-8 Dance 8-10 Vancouver Jamboree Fly-In
19	20	21	22	23	24	25
FCD Club Night 7:00-9:00 The Corral SF MS Live Oak School SF Vancouver Jamboree Fly-In	Prime 8's 6.30-9.30 Wm Land School WSD 7:30-9:30 EVRC SF	CCS Class Night 7-10 Wm Land School FCD Class Night 7:00-9:00 Live Oak School SF	CCS Fun Dancing 7-9 Wm Land School ECR 7:30-9:30 St. Andrews Church Palo Alto	FCD Club Night 7:00-9:00 The Corral SF		
26	27	28	29	30		

December 1989



Capital City Squares
P.O. Box 19986
Sacramento, CA 95819

**PUT
STAMP
HERE**